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## Lantau 27km course - HK50 race DB

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Sun, Jul 1, 2012 1:38 PM China Standard Time By [maddess](#)

Activity Type: **Trail Running** | Event Type: **Uncategorized** | Course: --

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### Summary

Distance:	27.33 km
Time:	3:54:42
Avg Pace:	8:35 min/km
Elevation Gain:	1,594 m
Calories:	1,768 C

### Details

#### Timing

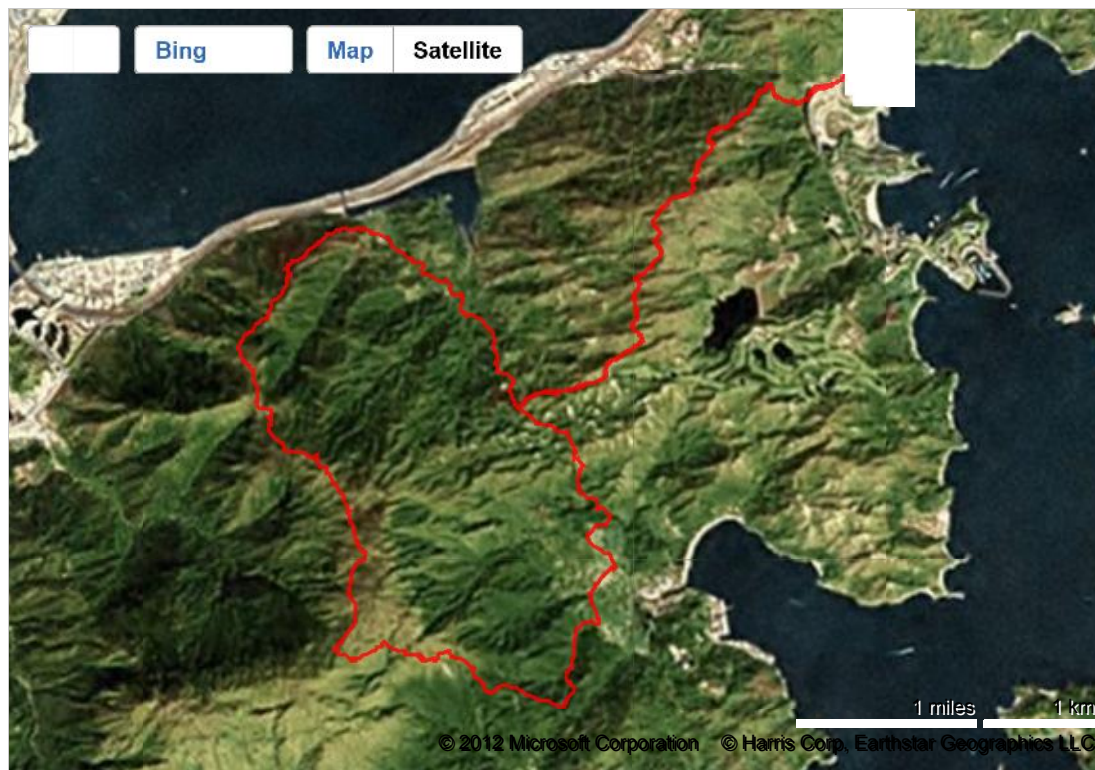
	Pace	Speed
Time:	3:54:42	
Moving Time:	3:41:04	
Elapsed Time:	3:54:46	
Avg Pace:	8:35 min/km	
Avg Moving Pace:	8:05 min/km	
Best Pace:	:47 min/km	

#### Elevation

Elevation Gain:	1,594 m
Elevation Loss:	1,598 m

### Map

Laps



Min Elevation: 2 m  
 Max Elevation: 684 m

**Laps 7**

[View Splits](#)

Split	Time	Distance	Avg Pace
1	1:03:21.2	7.65	8:17
2	7:18.1	1.07	6:51
3	1:25:16.5	8.31	10:16
4	9:24.7	1.10	8:32
5	23:54.1	3.06	7:49
6	29:01.7	3.39	8:34
7	16:25.7	2.76	5:57
<b>Summary</b>	<b>3:54:42.0</b>	<b>27.33</b>	<b>8:35</b>

**Additional Information**



**Device:**  
[Garmin Forerunner 405](#), 2.80.0.0

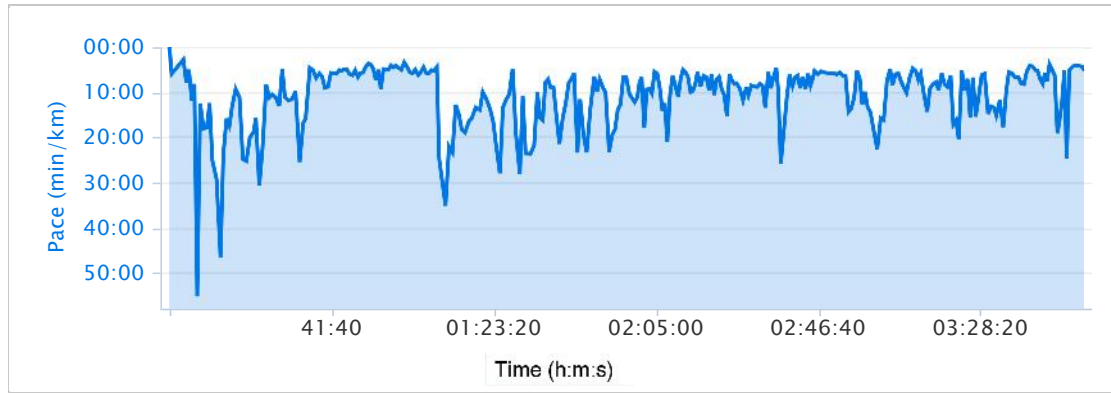
**Elevation Corrections** :  
 Enabled Disabled

**Summary Data:**  
 Original

**Charts**

Average

**Timing**



**Elevation**



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